LIFEGUARD TRAINING

Pre-requisites:

- Must be 15 years old by the end of the course (provide ID)
- Swim 300 yards continuously.
- Tread water 2 minutes without use of hands.
- Swim a timed event in 1:40: swim 20 yards, retrieve 10lbs brick from deep water, swim back with brick, exit pool

Lifeguard Training, CPR, AED, First Aid certification provided upon passing the course.

To Register: Please bring DOB picture ID and payment to facility.

http://www.ssta-swim.com/swim-programs/lifeguard-course.aspx

American Red Cross

Lifeguard Training Course

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To achieve certification:

- Attend all course days & times listed below
- Pass pre-test
- Pass written and practical exams

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Course Days & Times:

May 2017
12, 13, 14, 20, 21

June 2017
9, 10, 11, 17, 18

Fri 7-10pm, Sat/Sun 9:30am-5:30pm

SARATOGA STAR AQUATICS

12230 Saratoga Sunnyvale Road
Saratoga, CA 95070

Instructor:
tiago.staraquatics@gmail.com

Cost: $250
Check only made payable to Saratoga Star Aquatics